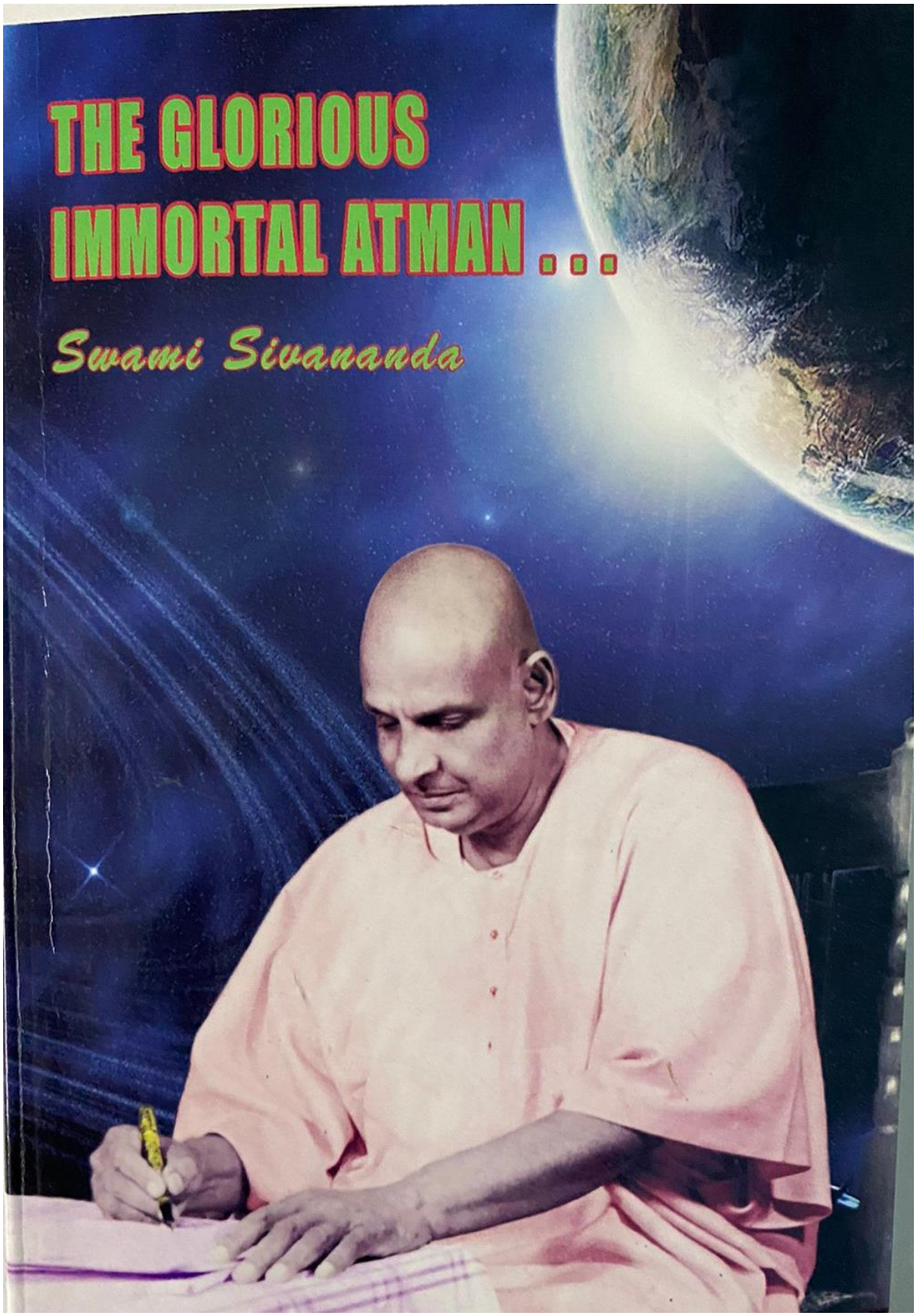
THE GLORIOUS IMMORTAL ATMAN ...

Swami Sivananda



SRI SWAMI SIVANANDA

Born on the 8th September, 1887, in the illustrious family of Sage Appayya Dikshitar and several other renowned saints and savants, Sri Swami Sivananda had a natural flair for a life devoted to the study and practice of Vedanta. Added to this was an inborn eagerness to serve all and an innate feeling of unity with all mankind.

His passion for service drew him to the medical career; and soon he gravitated to where he thought that his service was most needed. Malaya claimed him. He had earlier been editing a health journal and wrote extensively on health problems. He discovered that people needed right knowledge most of all; dissemination of that knowledge he espoused as his own mission.

It was divine dispensation and the blessing of God upon mankind that the doctor of body and mind renounced his career and took to a life of renunciation to qualify for ministering to the soul of man. He settled down at Rishikesh in 1924, practised intense austerities and shone as a great Yogi, saint, sage and Jivanmukta.

In 1932 Swami Sivananda started the Sivanandashram. In 1936 was born The Divine Life Society. In 1948 the Yoga-Vedanta Forest Academy was organised. Dissemination of spiritual knowledge and training of people in Yoga and Vedanta were their aim and object. In 1950 Swamiji undertook a lightning tour of India and Ceylon. In 1953 Swamiji convened a 'World Parliament of Religions'. Swamiji is the author of over 300 volumes and has disciples all over the world, belonging to all nationalities, religions and creeds. To read Swamiji's works is to drink at the Fountain of Wisdom Supreme. On 14th July, 1963 Swamiji entered Mahasamadhi.

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GLORIOUS IMMORTAL ATMAN...

GLORIOUS IMMORTAL ATMAN…

[Compiled from CHILDREN'S DIVINE TREASURE]

Sri Swami Sivananda

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Contents

PUBLISHERS' NOTE 8
PREFACE 8
DIVINE LIFE FOR CHILDREN 9
SWAMI SIVANANDA ON GOD 10
TEN MOTTOES 11
SHORT LECTURES PREPARED 11
BY SWAMI SIVANANDA FOR CHILDREN 11
CHILDREN'S SIVANANDA 12
1. PRAYER 13
2. SWEET RIDDLES 14
3. UNFORGETTABLE ANANDA KUTIR 15
4. MY KIRTAN 17
5. BABY BROTHER 18
6. RECIPE FOR MEMORY 19
7. CREAM OF DIVINE LIFE 21
8. MAHA MRITYUNJAYA MANTRA 22
9. KEEP GOD EVER IN THY SWEET HEART 23
10. CHILDREN ARE ALWAYS NAUGHTY 24
11. THE POWER OF A MANTRA 26
12. THE VOICE OF THE SOUL 27
13. A MISSION FOR LIFE 29
14. THE VIBHUTIS OF GOD 31
15. POWER OF PRAYER 32
16. THE REAL WELL-WISHER 33
17. SAINT VS. ENGINEER 35
18. WISDOM IN HUMOUR 37
19. VEDIC WISDOM 38
20. WONDER OF WONDERS 40
21. DISCIPLINE 42
22. EVERYTHING IS GOD 44
23. A SAINT'S COUNSEL 45
24. GLORY OF RAMNAM 47

25. ON CONCENTRATION 49
26. THE CHILDREN'S FRIEND 51
27. LESSON IN SELFLESS SERVICE 53
28. LESSONS ON MORALITY 55
29. THE SAGE STOOPS TO THE LEVEL OF A CHILD 57
30. THE SOUL OF SPIRITUALITY 58
31. AUSTERITIES FOR THE YOUNG 60
32. IN WHOM SHALL I TAKE REFUGE 61
33. A SPIRITUAL EXPERIENCE 64
34. TAKE ME TO THY LOTUS FEET 65
35. ROAD TO HEALTH 67
36. GOOD RESOLVES 68
37. HOME-SICK FOR ANANDA KUTIR 70
38. MOTHER IS GOD 71
39. YOUR BEST TEACHER 72
40. THE BIGGEST SCHOOL 73
41. NATURE OF GOD 74
SECTION TWO 75
MESSAGES FOR CHILDREN 75
1. MESSAGE FOR CHILDREN'S 75
PARK INAUGURATION 75
2. EDUCATION OF THE CHILD 76
3. BE HELPFUL TO THE YOUNGSTER 77
4. MIX DISCIPLINE WITH LOVE 77
5. UNDERSTAND THE CHILD'S PSYCHOLOGY 78
6. REAL EDUCATION 79
Message for the Mira Movement 79
7. HOW TO BECOME A SUPERMAN 80
8. RECONSTRUCTION OF CIVILIZATION 82
9. CHARACTER: THE FOUNDATION OF DIVINE LIFE 84
10. REGULARITY AND PUNCTUALITY 85
11. SINCERITY AND HONESTY 86
12. PATIENCE AND PERSEVERANCE 86

13. SELF-RELIANCE 87
14. HEALTH HINTS 87
15. MENTAL HYGIENE 88
16. HOW TO BECOME RICH 91
17. HOW TO WIN FRIENDS? 91
18. BE EVER BUSY 91
19. MAKE GOOD USE OF MONEY 92

PUBLISHERS' NOTE

The keen and wholehearted interest that Sri Swami Sivanandaji Maharaj has taken in the moulding of the young, from the very early days of his spiritual ministry, is well known. During the days of his propaganda tours, he used to give preference to schools and colleges for lecturing and for demonstration of Yoga exercises, etc.

During his epochal All India Tour, Sri Swamiji visited every University in India and addressed the students. A single incident reveals his heart. He was addressing the students of the Andhra University at Waltair; someone reminded him that a huge crowd was awaiting his arrival at the Town Hall for a considerable time and that he ought to go there. "Let them wait. These students are more important to me; and I must serve them to my satisfaction," he said.

He and he alone has given practical shape to the universal belief that the youth is the hope of the nation and that the students are the leaders and rulers of tomorrow. He declares "The spiritual seed must be sown while people are young."

This book is a treasure for the young.

1st July 1958 -The Divine Life Society

PREFACE

One day a little girl Meenoo wrote a letter to our Gurudev Sri Swami Sivanandji Maharaj. She shared the good news that she had been promoted from Grade 4 to 5 and asked for His blessings. She also wrote that her brother was very naughty. Sri Gurudev promptly replied with His blessings and said "You write that your brother is very naughty. Children are always naughty. The naughty children become later on very intelligent. Are you also naughty?" He also advised her to eat well, study well, play well, behave well and obey her parents, for God to be kind to her and fulfill her wishes. Such was the child-like heart of Gurudev with children.

This book is a beautiful compilation of such loving and inspiring communion between Cherubic Children and their Beloved God Sri Gurudev. It is also a treasure

trove of Worshipful Gurudev's illuminating messages for little angels and their suardian angels i.e. parents and teachers.
Enjoy reading and learning.
May Gurudev's grace be upon all of us!

-THE DIVINE LIFE SOCIETY

DIVINE LIFE FOR CHILDREN

By

SWAMI SIVANANDA

1. SPEECH
Speak softly. Speak sweetly. Speak little.
Speak the truth. Speak with love. Observe silence.
Think carefully before you speak.

2. SERVICE
Serve the poor. Serve the sick and the needy.
Serve with love and devotion. Service is worship.
This is the highest religion. Become a Scout.
Learn First-aid.

3. WORSHIP
Pray, meditate and chant the Lord's Names daily. Pray from the bottom of your heart with divine feeling and love. Pray to God for purity, wisdom, devotion. Chant the Lord's Names- Sri Ram, Om Namo Narayanaya, Jesus, Om Namo Bhagavate Vasudevaya, Om Namah Sivaya, etc, daily. Repeat the name of God always while playing and studying. Pray to God with faith and devotion.

4. STUDY

Together with your school lessons study the Koran, Bible, Gita, Upanishads, Zend-Avesta daily. Put into practice, what you have learnt. Then only will you evolve.

5. TOLERANCE
Respect all religions, cults, faiths. Respect all saints of all religions. All religions lead us to God.
Remember this point well.

6. ESSENCE OF RELIGION
Love all. Serve all. Be kind, truthful, pure, humble, merciful, and generous. Be kind to animals. Never hurt the feelings of others. See God in all. Obey parents, elders and teachers. In reality thou art the Immortal Self-birth-less, deathless, disease-less. Thou art all Bliss, all Wisdom, and all Knowledge. Feel this. Realise this. This is DIVINE LIFE.

7. GLORY OF GOD
God is love. God is truth. God is Peace. God is Bliss. God is light. God is Power. God is Knowledge. He dwells in your heart. God loves you. He looks after you. Everything that you see is God. Realise Him and be free.

8. LOVE
Never hurt the feelings of others. Be kind to all. Be kind and loving to animals.

SWAMI SIVANANDA ON GOD

Ram-Swamiji, where does God live? What can he do? What does God know? What does God eat?
Sivananda - Tell me Ram, where does God not live? What can God not do? What does God not know? Listen Ram, God lives in every place. He can do all things. He knows everything. He eats the Ego or Ahamkar of persons.

TEN MOTTOES

1. Simple living and high thinking.
2. Honesty is the best policy.
3. Work is worship.
4. Die to live.
5. Love little but love long.
6. Look before you leap.
7. Union is strength.
8. First deserve then desire.
9. Silence is golden while speech is silvery.
10. Spend and God will send.

SHORT LECTURES PREPARED

BY SWAMI SIVANANDA FOR CHILDREN

(During May and June, 1953, a number of young students and children underwent training at the Yoga- Vedanta Forest University under the direct guidance of H. H. Sri Swami Sivanandaji Maharaj.
Every day during the Satsanga these children were asked by Sri Swamiji to deliver short lectures. To the youngest of them- between the ages of 5 and & he himself prepared short lectures containing the essence of his teachings, to be memorised and delivered. The effect on the audience was electric. And the little ones gained that self-confidence which would be invaluable for them in later life. Here are some of the lectures which Swamiji taught the young ones. This is a novel method of training children which teachers and parents might well adopt.)

I
OM! Ladies and Gentlemen,
Realise God and be happy for ever. This is my short lecture today.

II
OM! Children of Light,
Serve, love, give, purify, meditate and realise. This is my short lecture today.

III
OM! Blessed Self,
Be good, do good. Be kind. Be compassionate. Tat Twam Asi. Thou art That. This is my short lecture today.

IV
OM! Immortal Atman,
He who enjoys sensual pleasure is riding on a donkey. Enjoy Eternal Atmic Bliss and be free forever. This is my short lecture today.

CHILDREN'S SIVANANDA

(Master Kamal Kumar, New Delhi)

The short talk which I am going to give you today is about Swami Sivanandaji and his
Ashram.
I am a small boy and I can't express the ideas nicely. But I will tell you what I feel about Gurudev and his Ashram.
To me Swamiji is God Himself. I love him, adore him and respect him. He is a kind and loving saint. Even to small boys like me he is very kind. He pours his kindness and love. I see here, everyone goes to him and gets his divine blessings.
I have many letters written in Swami's own handwriting. I keep them as my costly treasure.
My mother says I must have done some great Punya to get so much attention, kindness and blessings from a great, holy saint like Gurudev.
Every saint here is kind and helpful.

I do not want to go back to Delhi soon. I want to stay here for some more days. I am feeling very sad as I am going tomorrow.
But I am sure that Swamiii will bless me so that I can grow up and become an automobile engineer and earn a lot of money with which I wish to build Swamiji a nice big beautiful Ashram.
(A brief talk delivered by the young boy aged*
11 years at the Sivanandashram)

SECTION ONE
LETTERS

A few letters from some of Sri Swami Sivanandajis
"young" disciples and his replies- Expressive of Sri Swamiji's child-like nature, easy accessibility, and great solicitude (in his own words) "to sow the spiritual seed in the young."

1. PRAYER

Sivananda Griha,
Begumpet,
Hyderabad (Dn.)

My dear Swamiji,

How are you, I was wishing to come there but I could not, because I am having examinations. The examinations start on the 10th of December. Please pray for me to do well. I am also praying. How are the other Swamis?Are you having a nice time there?
It is quite hot here. And how is it there? Do you have Bhajan every evening? How many people come and stay with you? I might come sometime. From now I am studying hard. Please write to me quickly. Everybody is alright in our family.

With love, from,
Bharati, R. D. R.

1-8-56

Sri Bharati,
Sri Ram, Sri Ram, Sri Ram,
Thy kind and sweet letter.
I am all right.

Glad to know you are all having a nice time and you are reading in the 6th class in St. Ann's High School.
It is raining here. Do not quarrel with brothers and sisters. Serve parents nicely. Speak truth. Parents are visible Gods on this earth. Study your class lessons well daily. Go to bed early and get up at 4 A. M. Practise meditation.
May Lord bless you Bharati (Goddess of learning, Saraswati).

OM TAT SAT.

Thy Own Atma.
Sivananda.

2. SWEET RIDDLES

My dear Swamiji,

I received your letter. Please excuse me for not writing soon because I am studying for my examination. Please pray to God, to give me success in my Examination. I am also praying to God. Our Exams, start on the 10th of December. I liked your riddles very much. I am also carrying out your

instruction for the eyes. My eldest brother has finished his examination. Could you please tell me a way of learning so that I may not forget?
Vijayalakshmi
Hyderabad.

1-8-56
Sri Vilaya Lakshmi,
Hyderabad,

Thy kind letter.

Iam conducting prayers to God to help you in your studies.
Glad to know you are also praying intensely.
Prayer can work wonders.
Your riddle is very nice. I am enclosing one more riddle for you.
Go to bed at 9 P. M. and get up at 4 A. M. and study after a short prayer and "Sri Rama" Japa.
You will remember your lessons well.
Serve and obey your parents.
May Lord bless you.

Thy Own Atma,

Sivananda.
OM TAT SAT

P. S. When will you come to the Ashram? I am eager to hear your sweet riddles once again.

3. UNFORGETTABLE ANANDA KUTIR

Beloved Gurudev,

The most beautiful day of your 70th Birthday has come now. We are very sad, that we cannot stay with you and all the beloved Swamis and devotees. So I must send all my best wishes for this wonderful day with this small letter. May the Lord give you good health and much more birthdays, beloved Gurudev. I remember very often the nice time, which I could live with my mother near you, adorable Swamiji.
My mother is still sick. We must bring her in the University Hospital for nervesicks. We hope that she will become better one day. Daddy is very very sad. Mother was always so happy and cheerful and singing from morn till night. May the Lord and beloved Gurudev help her to get back peace and health.
Our best wishes for you beloved Gurudev.
Greetings and salutations for all inmates of Ananda
Kutir.

Ever yours,
Klaus Pfeffer,
Heidelberg, Germany.

22-9-56

Sri Klaus,
Germany.

Om Namo Narayanaya!
Glorious Immortal Atman,
Your kind letter.

Serve your mother and father.
Study well. Do not play much.

Pray daily regularly. Are you practising Asanas regularly? Be good. Do good. Serve. Give. Pray before going to sleep. Pray as soon as you get up. Give up

meat. Eat plenty of vegetables and fruits. Drink milk. Speak truth. Do not fight with boys. Be always calm, gentle, mild and sweet. Respects to parents.

With sweet love to you and others,

May Lord bless you!

Om Tat Sat.
Thy own Atman,
Sd. Sivananda.

4. MY KIRTAN

Dehra Dun
20.6.57.

My dear Bhaisaheb,
Om Namo Narayanaya,

Kindly give my Pranams to Sri Gurudevi Maharaj. I love Swamiji very very much.
I learnt Kirtan OM Namo Bhagavate Sivanandaya.
Give my Namaskar to all the Swamit's and Dadi and Biji Auntie.
Pushpa Auntie sends her Pranams to Guru Dev.

Lakshmi
Raktima.

24.6.57

Sri Lakshmi
Raktima,

Dehra Dun.

Om Namo Narayanaya,
Your kind letter. Thanks.
Pranams to Auntie Pushpa.

Do Ram Nam Kirtan daily.
Sing the song "Eat a little" and "Twinkle, twinkle, little star."
I always remember your words "Thank you". gri: You are polite.
When will you come here again?
May Lord bless you, and Auntie Pushpa.
Do not cry.
OM TAT SAT.

Thy own Atman,
Sivananda.

5. BABY BROTHER

2-10-56.
"Shanthi"

My Dear Swamiji,
How are you please? I got one baby brother on November, 12th. We are all doing well. Now I am in 4th class. My exam is on the 5th or 6th and my school closes on December 12th.
I am very sorry because I didn't write to you earlier. My brother has got fever.
Nothing more to
write.

Yours, loving,
B. Meenoo.

Sri B. Meenoo,
Madurai.
Blessed Atma Swaroop!

Salutations and adorations. OM Namo Narayanaya. Thanks for thy loving letter of the 2nd. Very glad to know that you got a baby brother now. May God bless you all with health and happiness.
Love all; serve all; be kind to animals; never hurt the feelings of others. Obey your parents, elders and teachers. Study well; pray to God always for His Blessings. BE GOOD and DO GOOD.

With regards, Prem and OM.

Thy own Atman,
Sivananda.
Dt. 9 Dec. 56

6. RECIPE FOR MEMORY

Om. Swamiji,
I have not written for a long time as I was busy. Please help me in my studies by praying to God. I also pray intensely. I am going to the convent. Thank you for the riddles. I have one more to ask. That is, "what can you swallow and that thing you swallow can swallow you" It is raining here. We are all well here. Please excuse me for not writing to you. I feel guilty. Please tell me a way that I can learn and m remember my lessons well.

Yours devoted,
Vijayalakshmi.

10th December, 1956.

Sri Vijayalakshmi,
Hyderabad.
Blessed Self,

Salutations. Om Namo Bhagavate Vasudevaya.
You ought to be getting ready for the Exams. Here I am praying for your success. You are such a brilliant child of the Lord, Vijayalakshmi. You will always come out successful in all Exams.
Your mind is like a big Library. If you want to make sure you will always be able to get the book you want, without any difficulty, what will you do? You will take a deep interest in it. You will keep the books in good order. You will group them nicely. You will not allow dust and cobwebs to hide the titles of the books. You will let plenty of light into the library. And, you will prevent, mischievous children from entering the library and spoiling the arrangement.
This is what you should do with your mind, if you wish to have excellent memory. You must take a deep interest in all the subjects you study Or think of You will study well and assimilate your lessons. You will clearly understand them. You will not allow confusion to enter the mind. You will group all your ideas and register them properly in the mind. You will not allow wrong thoughts and evil thoughts to enter the mind. These are the dust and dirt for the mind. You will not allow cobwebs to grow in your mind. You will never neglect the hidden talents and you will keep your intelligence in constant use (then cobwebs won't grow): Japa of God's Name is the Light for the mind. You will have it in plenty. Vanity, anger, greed, bad company, evil habits, these are the mischievous children that ruin the library (your mind). You will keep them away from you.
This is the way to develop and have very good memory.
Your riddles are all very very nice. I am going to publish them all in a book.
May God bless you, Sri Bharati and parents!
With regards, Prem and OM.
Thy own Self,
Sivananda.

7. CREAM OF DIVINE LIFE

New Delhi
1-7-57

Dear Swamiji.
I think that you are well. I am always thinking of your mighty power and you. I am surely coming to Rishikesh on July 7th by train. When I left your Ashram on 8th June, I was very sad. I want to get your blessings again when I come. Though I am not in your Ashram, I am always thinking that I am near you. Since we saw you, there is peace in the house. lww With my humble Pranams.

Yours sincerely,
Kamal Kumar.

4th July, 1957
Sri Kamal Kumar.
New Delhi

Glorious Self,
Om Namo Narayanaya
Thy sweet letter of the 1st July.
You are quite welcome. This is the home of all spiritual people. You are a Bala Yogi, so this is your home.
You are young. You are pure. You are divine.
You must lead the divine life from now.
Speak the Truth. Never hurt others even in play. This is Divine Life.
Respect and obey parents, elders, teachers and saints. Study Gita and practise it. This is
Divine Life.
Love all. Serve all, in whatever way you can.
Remove stones and glass-pieces from the road.

Help your fellow-students. When a blind man is walking on the road, help him find the path. Be ever helpful to everybody. This is Divine Life.
Share what you have with others. Remember the beggar at your door is God Himself. Help your class-mates in their lessons. This is Divine Life.
Do Japa regularly. Practise Asanas and Pranayama. Do Kirtan at night. Think of God as soon as you get up and just before you go to bed.
Gradually, make it a habit to think of him always.
This is Divine Life.
Divine Life will make you a great Yogi, full of power and wisdom. Divine Life will make you a saint full of love and compassion. Divine Life will make you Immortal, full of bliss and peace.
May you become Divine in this very birth!
May God bless you with health, long life, peace, prosperity and success!

Thy own Atma,
Swami Sivananda

8. MAHA MRITYUNJAYA MANTRA

27th April 1957

Dear Swamiji,
My mother showed me the letter that you wrote to her, in which you have mentioned that both--my sister and I should write to you. So I take the pleasure of writing to you. I am now in Standard V and I am preparing for my half yearly exam. My aunt Ranganayaki always pays us a visit and she always informs us about all happenings in the Divine Life Society. A short while ago I became ill; my health now has greatly improved. Please pray for me, that I may enjoy good health. I now have a little sister. Could you please suggest a name for her? Looking forward to hear from you.
I am,
Your humble devotee

Sivanesan

Sri Sivanesan, Durban.
Blessed Immortal Atma Swaroop,
Salutations and adorations. Om Namo Narayanaya.
Thy very kind letter to hand. Thank you for writing to me. I rejoiced having received thy letter.
May Lord shower His Grace and Blessings ever on you and may you enjoy all health, prosperity and success and eternal happiness.
Kindly always do Japa of the sacred Maha
Mrityunjaya Mantra and of the Lord's Name.
This will bestow on you all health and success in all thy work. Have perfect trust in God and do your duty well. All true devotees of the Lord enjoy happiness and success. May Lord bless you!
With regards, Prem and OM.

Thy own Atman;
Sivananda.

9. KEEP GOD EVER IN THY SWEET HEART

Durban
7-5-57

Dear Swamiji
I have great pleasure, in taking this opportunity of writing to you. My Aunty Ranganayaki of the North Street Branch of the Divine Life Society always talks of you and your great work.
I am fifteen years old and will write my 8th
Standard Exams, at the end of this year. I would like you, please, to pray for me so that I may pass in mathematics which I find most difficult.

Being very interested in your great work for humanity, I would like you please to write and tell me all about it.
Anxiously awaiting reply,

I remain,
Your humble devotee,
Siamala

To
Sri Siamala Pather,
Durban.
Blessed Immortal Divinity,
I am delighted to have received thy kind letter.
May Lord shower His Grace and Choicest blessings on you and may you shine with all success and prosperity and Bliss Eternal.
Kindly always perform your daily prayers in the morning and in the evening and at night before retiring. Keep God ever in thy sweet heart. Lead a simple life. Devote your attention to your studies well and do your work well. God will always reward you with all success, only if you do your work well and satisfactorily. If you neglect your duty, God may not come to your rescue. Trust in God always and do your duty well. Lead the ideal life of a student.
I wish you every success and happiness and joy.
With regards, Prem and OM.

Thy own Atman,
Sivananda.

10. CHILDREN ARE ALWAYS NAUGHTY

Madurai
29.6.57.
My dear Swamiji,
I had sent you a letter sometime back. It is a long time since Amma wrote to you.

Now I am promoted from 4th class to 5th class.
In History book the first lesson is about Himalayas.
Please do write to me a reply.
One Auntie of mine is here. My brother is very naughty. Please bless us all.
My Namaskarams.

Your loving
Meenoo Balakrishnan.
c/o K. Balakrishnan,
M. B. B. S., I. D. D.

9.7.57
Sri J. B. Meenoo
Madurai

Sri Ram

Your kind letter.
I received your last letter and given you a reply also. Glad to know you are promoted from 4th class to 5th class.
In your History book, the first lesson is about Himalayas. Come with mother and father once and look at the migrty Himalayas directly. There is Ganges here. Take a dip.
Delighted to know that one Auntie is with you. Hear stories from her at night.
I have sent to you a book of pictures.
You write that your brother is very naughty.
Children are always naughty. The naughty children become later on very intelligent. Are you also naughty?
Study your lessons well. Sing Sri Ram Sri Ram.
I have published your letter in a book. I shall send you a copy.
May Lord bless you, brother, Amma, Auntie and Appa.

Thy own Atman,

Sivananda.

11. THE POWER OF A MANTRA

My Dear Swamiji,

We reached Delhi safely by the Grace of God. I am very grateful to you for your kindness and love to me. Though I am a small boy you did not neglect me. You replied my last letter promptly. I was very happy when I got it. With joy I showed it to everybody. You have encouraged me a lot. When I sat in the train to Delhi, I felt very sad to leave you and began to cry. But Rajeswari, my Mother, consoled me saying, she would bring me again in September. I am anxiously waitingfor it. Your letter! keep as a treasure. You talk and play like a child.

How kind and nice of you to have printed my last letter. I will try to follow your nice instructions. Being a playful boy I may forget them in a playful mood.

So excuse and bless me. I am always thinking of you and repeating the Maha Mrityunjaya Mantra.

Om Tat Sat,

Entirely Thy own,

Kamal Kumar

11.7.57 New Delhi.

19.7.57.

Sri Kamal Kumarji,

Flat No. 11,

Cornwallis Road,

New Delhi.

Sri Ram

Thy kind letter.

Glad to know you will come again to this Ashram in September with adorable mother. Cordial greetings, Kamal blessed.
Repetition of Maha Mrityunjaya Mantra will give you health, long life, peace and success in exam, and everything. Be regular in doing this Japa. There will be no accidents also.
Work while you work
Play while you play
To be cheerful and gay
Take interest in games
Play ring tennis and badminton
Be strong, be healthy
Be good, do good
Be sincere, be truthful, O, Kamal
May Lord bless you, parents and all.

Thy own Atman,
Sivananda.

12. THE VOICE OF THE SOUL

New Delhi.
11.8.57.

My Dear Swamiji,

I have received your kind letter. Thank you for it. lam here with enclosing 2 Photographs. I am very glad to know that you will conduct prayers on my birthday. Your blessings I think are more important to me. I know that you have great love and kindness towards me. In every letter you encourage me a lot. Your reference to Bharani Pillai is very nice.

I LOVE YOU MORE THAN ANY-ONE ELSE. I always think of nwînofw roses, drinkeshu coffee and your funny talks. I pray to God for your long life. With my humble Pranams.

Entirely thy own,
Kamal Kumar.

OM TAT SAT

15.8.57.
Sri Kamal Kumar,

Delhi.

Priya Atman,

Namaskaram. Thy kind letter and the 2 photos.

The greatest achievement in life is the achievement of the tranquil state of mind which is free from Raga and Dwesha.

In the tranquil and serene state of mind is heard the sharp and shrill voice of the Lord, seated within the heart. Hear that voice by purifying the lower nature and be guided by it. You will become blessed.

Stick to the feet of Lord. You will get everything and Moksha. Seek, find, enter and rest.

May God bless you!
With Prem and Om,

Thy own self,
Sivananda.

13. A MISSION FOR LIFE

Ambala Cantt.
8.10.57.
Salutations to Swamiji,

I feel sad for leaving you and the Ashram. Thank you for blessing me with the title.

"Oh! Adorable Lord of Mercy and love Salutations and prostrations. Thou art the Indweller of all beings, thou art omnipotent and omniscient. Grant us an understanding heart, equal vision and balanced mind; Faith, Devotion and Wisdom. Let us sing thy Glories. Let us abide in Thee forever.

Doctor Harsh
Ambala Cantt.

Ambala Cantt

8.10.57.

Salutations to Swamiji,

I feel sad because I have left you and come away. Thank you for blessing me with a sacred title. I want to come to you soon.

"Oh! Adorable Lord of Mercy & Love, Salutations and prostrations. Thou art the Indweller of all beings. Thou art omnipotent and omniscient. Grant us an understanding heart, equal vision and balanced mind; Faith, Devotion and Wisdom. Let us sing thy Glories. Let us abide in thee forever.

Engineer Ashok.

OM
22.10.57.

Sri Ashok (Engineer)
&
Sri Harsh (Doctor)
Ambala Cantt.
Children of Immortality!

Om Namo Narayanaya,
Salutations and adorations.

Your loving letters I like much. You are nice little students. God is pleased with you. He has given good intelligence. Your father and mother are noble. They love you and you love them.

You are always cheerful; try to be like that always. Be cheerful when you talk, read or play. Respect your elders and teachers. Serve them with respect and devotion. Pray to God in the morning and evening. Repeat Sri Ram Sri Ram. God will give you everything that you need.

Study well. Play well. Eat well. Behave well. God's Grace will descend on you.

Engineer, you build and repair material things. Doctor, you cure the physical illness; but the Guru removes the defects of the minds of his devotees and disciples. He transforms you.

May Lord bless you with health, success in your studies and wisdom!

With regards, Prem and Om,
Thy own Atman,

Sivananda.

14. THE VIBHUTIS OF GOD

Calcutta 29
Dated 25.11.57.

Om Namo Bhagavate Sivanandaya Namaha. My most revered Sri Gurudev, I am in receipt of Sri Gurudev's letter. Father is getting better, and the doctor says that he must rest in bed for another two weeks.
I am doing Japa regularly and I am always thinking of Sri Gurudev. I will learn every day one new English song of Sri Gurudev. I pray to Sri Gurudev to give me more knowledge to worship my Guru Maharaj and God.

I remain,
Humble Namaskarams to my Gurudev
Yours ever dear
Sivananda-Sulochana.

28.11.57
Sri Sivananda Sulochana
Calcutta.

Sri Ram

Thy kind letter.

Glad to know you have joined the school and you are regular in Japa and prayers. Do Maha Mrityunjaya Japa and Kirtan along with mother and sisters by the side of father's cot. He will have good health and long life.

Learn many more English songs, Hindi and Bengali nicely.

Every sound is the voice of God. Look at the sky, stars glitter. There is God in the stars.

Look at the face of a man or a woman. Beauty is God. Watch the breath. Breath is God. Look at the smile of a baby. Smile is God's language. The taste in coffee is God. The good smell in pepper water (Rasam) is God. Therefore see God everywhere and in everything and salute to Him with Sri Ram.

May Lord bless you with health and success!

OM TAT SAT.

Thy own Atman,
Sivananda.

15. POWER OF PRAYER

25.11.57
Sri Sivananda Nirmala
Calcutta.

Om Namo Narayanaya

Glorious, Immortal Atman,

Your kind letter.
Glad to know that your father's progress is satisfactory. Study hard. Pray. You will have success in the examination.

Religion and life should go together. Behind the diversity is unity. Realise unity in diversity.

Work methodically. You will have great success.
Pray. Prayer gives wings to the spirit within you.

Worship of God is a necessity of life. It is a fundamental of existence.

Eternal peace and happiness can be attained only by devotion, worship and meditation.

I am conducting prayer etc. for your health, long life, peace, prosperity and success in examination.

May Lord bless you, sisters, parents and all

OM TAT SAT.

Thy own Atman,
Sivananda.

16. THE REAL WELL-WISHER

OM

11 Cornwallis Road
New Delhi.
14.11.57.

Om Namo Narayanaya
Respected Swamiji.

I have received your letter. Thank you very much. lam so glad that you remember me well. How kind and great of you to have written to me. I am very sorry that you did not receive my last letter which I wrote wishing you

for your birthday. My mother is better now. I am also by your blessings keeping good health.

I have my annual exams, in December. I am reading well. I got 1st rank with 1st mark in all my subjects in my last exam. I am learning Sanskrit in my school. I am sorry that I missed the birthday celebrations in September. It was due to mother's illness. I have not got the book in which my letters were printed which you promised to send me. On Sth September when I was meditating I saw your face inside a round ring. Outside the ring were rays like those of sun's. What does this mean? This is what I had written in my last letter. With my humble Pranams.

Your loving,
T. R. Kamal Kumar

OM TAT SAT
29.11.57.

Sri T. R. Kamal Kumar
New Delhi

Om Namo Narayanaya

Glorious, Immortal Atman,

Thy kind letter.
Glad to know that mother is keeping good health now and that you got lst rank with first mark in all the subjects in your last exam.

The book in which your letters are published is out of stock.

The face in the ring and the rays you saw during your meditation are very auspicious signs. They indicate that you are advancing in meditation. Continue your meditation regularly.

Serve the poor. Share what you have with them. Give them some food. Cultivate compassion.

Speak the truth. Admit your mistakes before teachers and parents. Repeat Sri Ram 108 times daily.

Read an elementary book on Hygiene and sanitation. Do not allow flies to sit on your food and milk. They carry infection. Be very clean and tidy. Cleanliness is next to Godliness. Wash your hands always before you take your food.

May Lord bless you, parents and all!

OM TAT SAT.
Thy own Atman,
Sivananda.

17. SAINT VS. ENGINEER

26.1.58.
Calcutta

My dearest Swamiji,

Salutations & Prostrations. I felt very sad and didn't want to leave you and the Ashram. Thank you for all the kindness you showed us. We have got a nice house. We are living in Fort William. It is quiet inside Fort and busy outside with big trams, and small trams, Buses, Double Decker Buses, lines of cars and Taxies. We are studying in St. Thomas boy's school.

We say the Maha Mrityunjaya Mantra, when we go to school. With prostrations to Swamiji.

Engineer, Ashok.

8.2.58.
Sivananda Nagar,

Sri Engineer Ashok,
Calcutta
Sri Ram.

Glorious, Immortal Atman,

Thy kind letter.
Glad to know you have a nice house at Fort William and you are studying in St. Thomas boy's school and repeating regularly the Maha Mantram "Hare Rama Hare Rama Rama Rama Hare Hare, Hare Krishna Hare Krishna Krishna Krishna Hare Hare."

I shall send you some very interesting riddles. Learn to prepare tea and coffee nicely. Don't put too much sugar and make it a sherbat. Infuse tea for 3 minutes only. As soon as you get up in the early morning say to Mummy and Daddy "Om Namo Narayanava". Do you know who Jesus is? and who is St. Thomas? Who is a saint? Tell me the names of some Indian and Muslim Saints? Do you not like to become a saint? Is Engineer better or a saint better? Convey my respect to Mummy and Daddy.

I conducted prayer for your health and success and that of Harsha and parents.

Om Tat Sat.

Thy Own Atman,
Sivananda.

18. WISDOM IN HUMOUR

Calcutta
26.1.58

My Darling Swamiji.

Thank you for looking after us when we were there. Thank you for your kindness.

I felt sad when I left you and your Ashram.

There are many cars, buses and trains here.
We are saying every day the Maha Mrityunjaya
Mantra. We are studying well.

With Love!

From Doctor
Harsha.

Sivananda Nagar,
8.2.58.
Sri. Dr. Harsh
Calcutta.

Sri Ram.

Glorious, Immortal Atman!

Dear Doctor,

Your kind letter,
Do you like Ambala or Calcutta? What is town? What is a city? When you become a doctor, what subject do you want to specialise, E.N.T. or Eye or Abdominal surgery?

One patient had his disease of the left eye and went to an eye surgeon. The surgeon said "I am a specialist of the right eye only. I can't treat your left eye". Do you want to become a specialist of the right eye only! Do not eat too much and stuff your stomach. Eat a little and sing the song of Eat a little, Drink a little'. I have conducted prayer for your health and success.

May Lord bless you and parents and all! Om Tat Sat. What is Om Tat Sat?

Thy Own Atman,
Sivananda.

19. VEDIC WISDOM

Sivananda Griha
16.12.57.

Om Namo Narayanaya.

My Dear Swamiji,
I am sorry that I did not reply to your letter. I have finished my exams and I hope I pass in them. How are all the Swamijis. It is very hot over here. How is the weather over there? Vijayalakshmis Exams, just started. We are all well. In the Goss County race I came fifth. Our house got the cup. We have been very successful at every sport this year.

Yours sincerely,
Vikram.
Om Namashivaya.

21.12.57

Sri Vikram,
Secundrabad

OM Namo Narayanaya
Glorious, Immortal Atman,

Thy kind letter.
Glad to know you have answered the papers well in the exam. May Lord bless you with success!

The weather is cold here now.

Delighted to know you have got the cup in the race.

All the Swamis here are doing well. They are doing Kirtan and meditation nicely. You also do Kirtan and meditation.

Matru Devo Bhava.
Let thy mother be God.
Pitru Devo Bhava.
Let your father be God.
Acharya Devo Bhava.
Let thy teacher be God.
Atithi Devo Bhava.
Let thy guest be God.

Do Sri Ram Japa always.

Keep your room clean. Daily try to learn something new. Can you debate well? Learn to debate. Write essays well. Take a part in the school drama. Act well.

Sing well. Do not be shy. Be bold. Be cheerful. Respect and serve parents. Keep harmony in the house. Treat your brothers and sisters well. Make them happy. Stick to mottos. Do a little social service. Learn the rules of life.

Convey my respects to your parents, Sri Bharathi, Sri Vijaya and Sri Ranthi. May Lord bless you all!

OM TAT SAT.

Thy own Atma,
Sivananda.

20. WONDER OF WONDERS

15.12.57

Dear Gurudev!
A merry Christmas and a happy New Year! I hope you are in good health and also all beloved inmates in Sivananda Ashram.

remember again and again the nice Christmas time two years ago standing with you! You had given me beautiful presents. This year I shall receive also Christmas presents and I hope very much, that you will celebrate also a nice Christmas. My small present for you is this drawing, which I have drawn for you.

It should be beautiful to spend the Christmas with you and the Swamis. I think still of the nice cake!

We read often in the newspaper of the Himalayas. Is it possible that there live cave men? What do you mean about this?

My best wishes, dear Gurudev, for good health and long life.

Ever yours in thankfulness,
Klaus.

OM

23.12.57
Sri Klaus
Hidelberg
Germany

Om Jesus
Glorious, Immortal Atman,

Thy kind letter.
We are celebrating a very nice Christmas this year. Sri Michael Levien, Mr Sheperd, Sri Daya are here. Your Christmas present, a drawing is simply beautiful (Christmas tree picture). Are you climbing the trees there also now? Have you got monkeys there? Shall I send some to you? Are you practising Asanas regularly? Kindly open a branch of the Divine Life Society there, boy's section and teach them Asanas.

Man lives in spite of various obstacles here. This is a wonder. Mind is another great wonder. But the wonder of wonders is your own Immortal soul. Realise this soul and be happy for ever.

Don't smoke. Don't drink. Become a vegetarian. Pray daily regularly. Take less, give more. Speak less, act more. Play less. Study more. Sleep less. Pray more.

Respects and pranams to Mummy Sivananda Saraswathi Margaretta and Daddy.

May lord bless you, mother, father, and all!

Wish you a merry Christmas and bright New Year.

OM TAT SAT.

Thy own Atman.
Sivananda.

21. DISCIPLINE

17th December 1957

For H. H. Sri Swami Sivananda.

Thank you, Guruji, for the books, in which grace of God is breathing.

My heart God hath led to you and love of God in yourself brings Light of Lord to me. Eternal peace of Kingdom of heaven is given only to little children. I am ten years old. I know only a child born in Holy Ghost may be glad of eternal Love.

I shall give in the entreaty my soul to you to bring Eternal Morning to my soul.

The time of kingdom of God is already coming.
Merry, blessed Christmas by peace and God's love is wishing to you.

Yours devoted
Emil Gottwald

25.12.57
Sri Emil
Czechoslovakia
Prague

Praha 11
Konivova 114

OM Namo Narayanaya

Glorious, Immortal Atman,

Thy kind beautiful letter.

Thank you very much for your good wishes. Glad to know you are born in Holy Ghost. You will have abundant divine love.

Your photo is simply beautiful. You are smiling in front of candle light.

Discipline is very important in every walk of life. No work is possible without discipline, follow the rules of discipline. Go to class in time. Behave well with the teacher and fellow students. Obey the rules of the school. Be obedient.

God created you, the Sun, the rivers, the trees. He dwells in your heart. He is everywhere. Your body is the moving shrine of God. Keep the body pure, strong and healthy. Pray to Him daily. He will give you everything.

I wish you a happy, bright and prosperous New Year.

Give my respects to Daddy and Mummy. May Lord bless you!

OM TAT SAT.

With regards.

Thy own self,
Sivananda.

22. EVERYTHING IS GOD

Wanurckshire
England

Dear Sir,
I would like to see God and I have a cousin named Michael who has told me about you, and I would like to ask you to show me how to think about God. Will you write back to me if you have time?

Yours,
Jennisen Tweddle

30.1.58.

Sri Jenni Sen Tweddle,
England

Glorious, Immortal Atman,
Thy kind letter.

Repeat Om Jesus. I am Thine my Lord. Meditate on the form of Lord Jesus.

Whatever you see is God. Father is God.
Mother is God. Sun is God. Water is God. Fire is God. World is God. Wind is God. Earth is God.
Sound is God. Light is God. God is everywhere. He is in your heart as Light of lights. Feel His presence everywhere. Think like this. You will soon see God.

Pray sincerely daily. Do not become angry with anybody. Love all. Be kind to all.

May Lord bless you all!

I conducted prayer for your health, long life, peace and prosperity.

OM TAT SAT.

Thy own Self,
Sivananda.

23. A SAINT'S COUNSEL

Hyderabad Dn,
5.1.58.

Dear Swamiji,
Firstly I must apologize for not replying to your letter. I am extremely sorry. Secondly I hope to get through school Exam, with your blessings. I then must wish a very happy Christmas and New Year. All of us are well. I hope you are keeping in good health.

Yours sincerely,
Ranthi.

4.2.58.

Sri Ranthi,
Secundrabad

Om Sri Ramaya Namaha

Glorious Immortal Atman.

Thy kind letter.
Glad to know that you hope to get through the Exam, successfully. Thank you very much for your Christmas and New Year greetings.

Kindly inform mother that the cloth has been distributed to the lepers and I have received the two biscuit tins. Request mother to engage tutors for Sri Bharathi and Vijaya.

Walk in the footsteps of Saints.
Keep company with the Saints.
Admit your faults and weaknesses.
Lead a simple and well-regulated life.
Stick to your principles.
Become like a child.
Have no duality.
Become innocent and guileless.
Have a broad vision.
Time is very precious.

Utilise every second profitably in study, service, Kirtan and Japa.

This world is a great school. Learn your lessons well daily.

Unite with all. Serve all. Love all.

May Lord bless you, Vikram, sisters and parents.

OM TAT SAT.

Thy own Atman,
Sivananda.

24. GLORY OF RAMNAM

New Shorrock Mills
Nadiad.

Date 1.2.58

Om Sivanandaya.

My Dear Lord Gurudev,

I had no opportunity to visit my Lord's feet for blessings. lused to pray to and remember you even at my school time at Mt. Abu.

Whenever my Mummy and Daddy used to visit your feet, I used to be in school, and my school is having holidays from Dec. 6th to March 6th.

This time I have requested my Daddy to take me for my Lord's Darshan.

Now let me introduce myself to thee. I am the elder brother of Bhaskar Kumar and little Sudha. I am anxiously waiting for the holiday to meet you Lord.

My age is fourteen and I am studying in standard 6th at St. Mary's High School, Mt. Abu.

Gurudeva I am sure next vacation I'll be able to visit you for your blessings. May I hope that you are keeping good health!

Bhaskar Kumar at Kerala and Sudha at Nadiad are studying well. And Mummy and Daddy are also well.

I had the opportunity to visit all the shrines and temples of South with my Daddy on Dec. 7th.

Swami Nirmalanandaji and Swami Ramanandaji were here on their way to South for two days. We had a nice Satsang with them in our little temple in our house.

Waiting for your blessings.

Daily I listen to thy songs, Kirtan and speech.

With regards

Yours,

Surendra Menon.

Sivaratri
16.2.58.

Sri Surendra,
New Shorrock Mills,
Nadiad.

Sri Ram,

Thy kind letter.
Yes, you can come here with your Daddy.
Cordial greetings.

Glad to know you are the elder brother of Bhaskar Kumar, Kathakali artist and little Sudha.

I am keeping good health.

Glad to know you are studying at St. Mary; High School, Mt. Abu.

Did you visit the temples at Madurai? Tirupathi and Sreerangam and Cape Comorin?

Are you doing Kirtan? Are you reciting Lord's Names, Sri Ram?

You will get success in the examination if you recite Sri Ram. You will have good health also.

Have you learnt First Aid, Home Nursing and Hygiene? Do not allow mosquitoes to bite you.
Sleep within the mosquito net. Mosquito bite is the cause for Malaria.

Do not take tea or coffee very often. Love your class-mates. Do not fight with them. May Lord bless you, parents and all!

OM TAT SAT.

Thy own Atman,
Sivananda.

25. ON CONCENTRATION

New Delhi.
6th March 1958.

Dear Swamiji,
I am a young boy of thirteen years, and am studying in a good school. The first question I ask your highness is: how to concentrate, because whenever I sit down to study, my mind begins to wander and I cannot concentrate.

If I am in the house I study for half-an-hour, and then I go to drink a glass of water even if I am not thirsty. If I am at school I go to the bathroom and waste five or ten minutes.

war I shall be very grateful if you will let me know some idea how to concentrate. This is my first letter to your holiness and I hope to get a reply.

Thanking you,
Yours faithfully,
M. M. Jolly.

18.3.58.

M. M. Jolly,
New Delhi,

Om Namo Narayanaya.

Glorious, Immortal Atman,

Thy kind letter.
Place a picture of Lord Krishna with flute in hand in front of you. Sit comfortably. Concentrate gently with open eyes on the picture till tears trickle down your cheeks.

Rotate the mind on His feet, His silk Pitamber, His ear rings, Crown, garland, flute.

Then come down to his feet. Close your eyes. Take rest. Then start the process again. Do this for five minutes in the morning and at night. Repeat OM Krishna when you practice concentration and other times also. You will gradually develop concentration.

May Lord bless you with health, peace, success and concentration.

OM TAT SAT.

Do not quarrel with anybody.

Thy own Atman,
Sivananda.

26. THE CHILDREN'S FRIEND

Hong Kong,
31st. March 1958.

Jai Hind

Dear Gurudeva,

Om Namo Bhagavate Sivanandaya.

May Thy Blessings be upon me. I was overcome with joy when I received your letter.

I'll follow all the instructions that You wrote to me. I got the Ramayan from Uncle Vasudev. I write my Mantra daily. This month, I don't know is it due to my laziness or to the weather that caused me to sleep and the whole month I did not wake up early.

In this letter I enclose 2 rupees and my monthly
Spiritual Diary. This month the Diary is not so nice.

I stopped eating sweet and sweet things, I eat less than usual. I stopped eating rubbish thatis sold outside in the streets. I reduced my dinner.

Swamiji, I'll come to Your Ashram as soon as possible. I am thinking of coming to your Ashram during my 2 months vacation, that is if I get promotion.

This month I saw one movie. From tomorrow I'll wake up in the morning every day.

Swamiji I owe you a thousand thanks for writing such a letter to guide me to the right path of Divine Light. Everybody in my house was surprised at seeing the hand-written letter, by you.

I Am trying all my best to get my Asanas photos taken out and if I can, I'll send them to you as soon as possible.

Now I do not fight as much as before; gradually lam going to stop fighting.

As I have nothing to say I end this letter with Prem and Om.

OM TAT SAT.

Thy humble servant,
Indru K. Daswani.

4.4.58.
Sri Indru Daswani,
Hong Kong

Sri Ram,

Thy kind letter, spiritual diary and Asana pictures. The pictures are nice. You have shown Asanas correctly. The diary is good. Your way of meditation is correct.

Do not fight and become angry. Love all students. Speak sweetly and lovingly.

Be regular in Mantra writing.

You can come to the Ashram at any time. Cordial greetings.

Be neat and clean always. Be simple in your dress. Do not load your stomach. Be moderate in everything. Be regular in your prayers. Do not take much sweets. It will affect your teeth.

Teach Asanas to other children. Study Ramayana. Do not take bath immediately after the practice of Asanas. Wait for half an hour.

I conducted prayer etc for your health, long life, peace and prosperity.

Om Tat Sat.

Thy Own Atman,
Sivananda.

27. LESSON IN SELFLESS SERVICE

My Dear Swamiji,

I am so sorry for not writing to you before. please pray for me. My Exam starts on the 9th April and end on the 15th April. But one Exam is on the 26th of March. I am working hard.

Our Class is going to the observatory on the 26th evening. I think it must be real exciting to watch the stars and the moon etc.

I received your "Sivananda Diary" and thank you so much for it.

Riddles:-

b3 Boys were going to Bombay from Poona and when they came to cross roads the sign had fallen down. What did they do so that they might go on the correct path?

Answer: They should put up the sign Poona pointing towards the road they original came. Then the other signs would be in their proper places.

Your loving devotee,
Vijayalaxmi.

1.4.58.

Sri J. Vijaya Lakshmi,
Secunderabad

Om Sri Ramaya Namaha

Glorious, Immortal Atman,

Glad to know you are working hard for the exam.

Watch the stars and the moon. You will be in communion with Nature and Nature's Lord. Whatever important and interesting that occurs daily, note down daily in the diary.

Your riddle "Sign board to Poona" is very interesting.

God dwells in your heart. He is light of lights. He is infinite power which gives bliss and peace. Close your eyes and meditate on Him. You will attain perfection.

I have sent copies of Talks on First Aid', 'Health and Hygiene' to mother. Study them. Observe rules of hygiene. Serve the poor. If there is a cut, stop the bleeding. Apply alum lotion. Dip a piece of cloth or bandage in alum lotion and

apply it to wounded part. Do you know any perfect food? Milk is a perfect food.

I have conducted prayer for your success in exam, health, long life, peace and that of your
sister Bharathi.

May Lord bless you, parents, sister, brothers
and all!

OM TAT SAT.

Thy own self,
Sivananda.

28. LESSONS ON MORALITY

Neemuch

13.4.58.

Most Respected, Revered and beloved Gurudev.
My most humble Namaste and prostrations at your Holy feet.

My Aunty Ji gave me your little precious book 'Divine Life for Children' and I have read it many a times and I have resolved to read it over and over again until I get it by heart. And I have become a changed boy, but today I behaved a little naughty but your little book put me right again. I am 11 years Old. Please send me your photograph to hang on my study table and kindly advise what books and magazines are suitable for my age.

With my due respects and Prem.

Your most humble 'Jyoti'

(Master) Noshir Cawasji, Contractor.

18.4.58.

Sivananda Nagar,

Sri Master Noshir C. Contractor
Neemuch.

Sri Ram

Glorious Immortal Atman.

Thy Kind letter.
Glad to know you have become a changed boy after reading the little book, 'Divine Life for Children'. I will be sending you books very often. I shall send a photo also and the book 'Children's Divine Treasure' which is in the press. Life is precious. Time is precious. Utilise every second usefully. Speak sweetly. Speak truthfully. Pray devotedly. Evil company is dangerous. Shun evil company. Do not leave any work half done. Whatever you do, do it wholeheartedly. Impure not others. Help others. Serve. You will rule. Correct your defects. Do not abuse anybody. Be bold. Get up at 4 A. M. Pray and then study. Keep your promise always.

I have conducted prayer etc. for your health, long life, peace, prosperity and success in examination and that of your sister and family.

May Lord bless you and all.

OM TAT SAT.

Thy own Atman,

Your big brother,
Sivananda.

29. THE SAGE STOOPS TO THE LEVEL OF A CHILD

4.4.58

OM

Beloved Swamiji,
Salutations and prostrations.

My name is Prabhat Kumar. I am seven years old. I read in IV class. I attend Satsanga at Barron Road, I like it very much. I will learn some songs and Kirtan and sing them there. I love you much. I will come to have your Darshan. Kindly bless me and family and all.

Swamiji Ki Jai,
Your loving devotee,
Prabhat Kumar.

14.4.58.
Sri Prabhat Kumar,
New Delhi.

Sri Ram,
Beloved P. Kumar.

Thy kind letter.
Glad to know that you attend Satsanga at

Barron Road.

Learn Kirtan and songs and sing in the Satsanga. God will bless you with success in the examination. He will give you everything.

You can come to the Ashram when you get holidays along with your father and sister. Cordial greetings.

Why do you eat and drink?

What is the most beautiful and wonderful thing in Delhi? Have you seen a pencil factory at Delhi?

What is called the ship of the desert? How many years does a camel live?

Do Sri Ram Japa always. Respect your parents and teachers. Be punctual in your class. Do exercise regularly. Do not shout loudly. Speak truth. Be a good boy.

May Lord bless you!
OM TAT SAT.

Thy Own Atman,
Sivananda.

30. THE SOUL OF SPIRITUALITY

Hong Kong,
16.4.58.

Dear Gurudev,
May your blessings be upon me.

I did not get up at 5-30 for 10 days, but for 6 days I got up at 5-30 and did 15 minutes concentration, read 1 Sloka of Gita. 3 days I did 5 Malas, 2 days 7 Malas, 2 days 20 Malas, 2 days 2 Malas.

l eat whatever that comes. I don't fight as much as before. I will stop fighting soon. I did not eat fruit for 10 days in February and 10 days in March. I saw 1 movie this month. I read 15 minutes Ramayan daily. I enclose this letter with some of my Yoga photos taken out by my Uncle Nanik, I have some more but I can't put in this letter.

I end this letter with Prem and Om.

Your loving disciple
Jagdish Daswani.

24.4.58.

Sri Jagdish Daswani
Hong Kong.

Sri Ram,
Your kind letter and Asana photos. Your Asana pictures are very nice. Continue the Asanas regularly. Do Kirtan also daily.

Haste makes waste. Be not hasty at any time. Do things calmly.

Whenever an old lady is in need of some help in the street or road, help her. Whenever you find a thirsty man give him water to drink. Whenever you find a sick poor man, give him some milk to drink. Whenever you find a blind man, give him some pies. Cultivate charity, be generous.

Do you play football or badminton? Are you punctual in attending your class?

I conducted prayer etc for your health, long life, peace, prosperity and success and that of your family.

May Lord bless you!
OM TAT SAT.

Your big brother,
Sivananda.

31. AUSTERITIES FOR THE YOUNG

New Delhi.
8.5.58.

Dear Swami Sivananda,

I am very sorry for not replying to your Highness earlier. My exams were near. So, therefore, I could not reply earlier. I also thank your Highness for the book 'The Children's Sivananda' which I received a long time back.

I also received five books yesterday, and thank your Highness for them. My exams have finished, and I shall read the books with interest during the holidays. I have decided to come and stay at your Ashram for some days.

If I come I shall inform your Highness two or three days beforehand. I have written a short letter, I hope you don't mind.

Thanking you,
Yours affectionately
M. M. Jolly

27.5.58.

Sri M. M. Jolly
New Delhi

OM Namo Narayanaya

Glorious, Immortal Atman,

Thy kind letter.
Glad to know you will read the book 'Children's Sivananda' etc. with interest during the holidays. You can come to the Ashram during the holidays.

Cordial greetings.

You must have good health. Then alone you will feel strong and well. You will be happy because you are healthy. Eat only those things which are good for your health. Then alone you Will be healthy. Eat ripe fruits and well-cooked vegetables. Drink milk. Clean your teeth daily in the morning and at night before going to bed. Take exercise daily. Go for a long walk in the morning and breathe pure fresh air. Go to bed early and get up early. In the evening play some game or other. You will be healthy and strong. Read Ramayana daily. Repeat Sri Ram. Pray regularly. Serve and help your friends. Be truthful. Be sincere. Be humble. Be gentle. Speak not harsh and vulgar words. Obey parents.

May Lord bless you, family and Jolly!

OM TAT SAT.

Thy own Atman,
Sivananda.

32. IN WHOM SHALL I TAKE REFUGE

Hong Kong, 1st May 1958.

Jai Hind

Dear Gurudev,

Om Nano Bhagavate Sivanandaya. May Thy Blessings be upon me. Its long I haven't written you a letter.

In this letter I enclose my spiritual Diary for the month of April. It's better than that of the last month.
I'll try all my best to improve.

Swamiji, my examinations are approaching soon, and I'm going to start studying and revising for my exams, so I hope you will Bless me (Humko Assisa Karo) to get promotion and also get a good position. If Lam promoted I can come to your Ashram and besides that I want to have a good report to show to my relatives. (Please Bless me.)

Swamiji, I hope You will clear this doubt of mine: In the Gita, Lord Krishna says that if we take refuge in Him we will be freed from any danger concerning the world. And in the Ramayana, Lord Rama says that those who take refuge in Him are safe. So I don't know if I must take refuge in all (Lord Rama, Lord Krishna, Lord Shiva, Lord Hari.) and repeat their names or have I to take refuge in one. I wish You will let me know and clear out my doubt. A thousand thanks to Thee.

Swamiji, for the Books for children which Sri Jagdish received from You, can I get these monthly from Thee or must I write to the Divine Life in Durban. I hope you'll let me know soon because I am eager to read them if I have spare time. I enclose one rupee.

As I have nothing to say and no nice words to Thank Thee so much, I end this letter with Prem and OM.

Your Humble Servant,
Indru K. Daswani

4.6.58.

Sri Indru K. Daswani
Hong Kong.

OM Namo Narayanaya

Glorious, Immortal Atman,

Your kind letter.
Your spiritual diary is very good. Kindly keep this diary regularly and send it to me at the end of every month.

Study your class lessons well. Do your best.
Pray. You will get success in the exam. May Lord bless you with health and success in the examination.

Take refuge in one Lord and repeat His Name.
Rama, Krishna, Siva, Vishnu, and Devi are one.

I shall send you books. Received your one rupee. Thanks.

Early to bed, early to rise makes one healthy, wealthy and wise. Work is worship.

Health is wealth. A lazy man is beggar's elder brother. Haste makes waste. What cannot be cured must be endured.

"Mint money. Attain power. Kill your neighbour and take his property". This is the philosophy of the materialists. This is the philosophy of the devils.

"Renounce everything. Serve humanity, Meditate and realise" This is the philosophy of Hinduism. You want immortality, wisdom and eternal bliss. Is it not? This you will find in God. Therefore realise God. May Lord bless you.

OM TAT SAT.

Thy Own Atman,
Sivananda.

33. A SPIRITUAL EXPERIENCE

Ambattur P. 0;
22nd May 58

OM Namo Bhagavate Vasudevaya

Dearest Father of mine,

I prostrate before thee with my humble salutations and respects for my divine father. May thy blessings ever continue to shower upon me, and may I never lose thy divine grace which is very generous towards everyone. Thou art the Living God' of our family and all the world. To be at thy holy Lotus Feet is to be in heaven and tasting its pleasures. When I grow up I will come to stay permanently at thy holy feet in Ananda Kutir. I am thinking of becoming a Medical doctor, because that is the profession by which we can be of any use, and serve, humanity. When I am an experienced doctor, I will come to our lovely Ashram and do service there. Beloved Gurudev, may your child ask this dream of hers to be fulfilled and attained?

Two or three days back, I dreamt a wonderfu dream about thee. I dreamt that you had come to our house in Bombay. We were having a great feast together. Suddenly after much talk, I asked thee: "Swamiji, I will come to Ananda Kutir

and settle there?" You said to me: "It is not very necessary because, I am always with you." But do come there, it is very good.

Swamiji, I do not understand at all this dream.
Please tell me what it means dear, father.

Swamiji, I have written a prayer to thee, which! fervently; hope, you will answer.

Your Child.
Periya Chella Kutti.

34. TAKE ME TO THY LOTUS FEET

O Lord of the Abode of Bliss,
O Avatara of the Lord of the Flute,
O Master so great and good,
I prostrate at thy feet.

O Mighty Ocean of pity and love,
O All-merciful one,
O Transformer of evil into good,
My salutations to thee.

As Krishna was the apple of the eye
Of His mother, beloved Devaki,
So, too, thou art of the whole humanity,
O Lord, Great Sivananda.

Forgive me please for my sins,
I prostrate before thee,
I take refuge at thy holy feet,
Says thy child, Periya Chella Kutti.

Periya Chella Kutti,
Ambattur

31.5.58.

Kumari Periya Chella Kutti,
Ambathur.

Blissful Immortal Atman,

OM Namo Narayanaya

Salutations and adorations.

Thy very kind letter to hand. I was indeed immensely pleased to go through its contents. May your sincere desire to become a doctor and to settle down here permanently be fulfilled by the grace of the Lord.

When the mind becomes purified, one gets inspiring and ennobling dreams. Your dream shows that your mind is very pure. It is aspiring for higher experiences of bliss and peace. It also indicates that you very much desire to come to Ananda Kutir and serve here.

I have accepted your poem. It is very nicely composed. I am glad to note that you are so able to express your thoughts both in prose and poetry. You have the grace of Mother Saraswati. May She bless you with more knowledge and illumination.

Be regular in your prayers, Japa and Kirtan. Read spiritual books for a short time daily. Serve elders with faith and devotion.

May Lord bless you with health, peace, prosperity, success in your studies, bliss and spiritual evolution.

With regards, Prem and Om,
Sivananda.

35. ROAD TO HEALTH

Hong Kong, 2nd May 1958.

Rev. Gurudev,

May your blessings be upon me. I received your loving letter, and I was very happy. I should thank you a thousand times for the letter and for leading me to the Right Path. I also received your books, and I almost finished reading them. I thank you very much for them. Please send me some more monthly.

I did not get up sometimes, and I seldom did Mala at nights. I stop drinking tea, and now I always drink milk. I am trying to stop fighting and quarrelling. I am also trying to eat vegetables now. I read prayer since you sent me the prayer book. I also read Ramayana.

In this letter I enclose 5 rupees, Yoga photos, my April spiritual diary.

Since I have nothing else to write I enclose the letter with Prem and Om.

Your loving disciple,
Jagdish Dasvani.

29.5.58.

Sri Jagdeesa Dasvani
Hong Kong

OM Namo Narayanaya

Glorious, Immortal Atman,

Thy kind letter.
Glad to know you read my books with great interest and attention and you have given up tea. Recite the prayer regularly and read Ramayana daily.

Received your Yogasana photos. You are doing Asanas beautifully. Be regular in doing Asanas. You will have good health. Your spiritual diary is kept up nicely. As you do not fight with the boys you will enjoy peace now. You will have more energy.

Do not shut the doors and windows of the room in which you sleep at night. Do not cover up your head while sleeping. You can breathe fresh air, even at night. If you have good health you can work hard. Bathe daily in cold water. Health means happiness. Good health is far better than wealth.

Do not eat anything in the morning before you pray. Why has God created us? God has created us in order to worship Him, love and serve Him.

May Lord bless you, family and all!
OM TAT SAT.

Thy own Atman,
Sivananda.

36. GOOD RESOLVES

Hong Kong, 5th May, 1958.

Dear Gurudev,

May your blessings be upon me.

This is my first letter I am writing to you, so I have very much to write. 1 have been trying to get up early in the morning and read Gita and do Japa, but still failed. So please bless me so that I can get up in the morning, , do Japa, read Gita, do Concentration, do Meditation, see lesser movies, 90 to Yoga Class, stop fighting, stop being angry, and also be successful in my studies. And also please send a Japa Mala, a Bhagavad Gita, and a Prayer Book: 1 have also asked Nanik for a Spiritual Diary and a Resolve Diary. As I have nothing else to say I end this letter with Prem and Om.

I am also sending my Resolve Diary together with this letter.

Your Faithful Disciple,
Nari Daswani.

3.6.58.

Sri Nari Daswani
Hong Kong

Om Namo Narayanaya

Glorious, Immortal Atman,

Your kind letter and resolve forms. Your resolves are very nice. Stick to the resolves. Try to get up in the early morning. Pray. Do Japa and practice Asanas regularly.

Go to bed early - No pains, no disease. Go to bed late - Doctors and pills. Do you know how to swim?

Do your best, your very best, with right good will. This is a golden rule. This is the wisest way.

When you meet any one in the morning, say,
'Good morning', Sir. Say "Good afternoon", if you meet someone after one O' clock. You should say
"Good evening", if you see someone in the evening.

An angry boy is blind. He will do anything. Therefore control anger. Contentment is more than a kingdom. Be contented. God helps those who help themselves. Persevere.

May Lord bless you!
OM TAT SAT.

Thy own Atman,
Sivananda.

37. HOME-SICK FOR ANANDA KUTIR

50, Pandara Road,
New Delhi.

Most respectable and loving Grandfather,

I reached Delhi yesterday. I want to come back to Ananda Kutir, to you in front of whom I shall deliver my lectures. It is very hot in Delhi. This morning I did three Malas of Japa. From tomorrow I will do meditation also. No one is here to give me lovely flower-garlands like you used to give me. I will come there next time with my mother. Please give my loving Pranams to Mother Chellamma, Swami Venkatesanandaji (Annaswami) and Pushpaji, etc. I forgot, Nadabrahmanandaji, too. I thank you for the most lovely stay I had at Ananda Kutir.

Pranams at your holy feet,
Your Grand-daughter,

Padmini Ram.

38. MOTHER IS GOD

25.4.58.

Sri Chandrasekaran
Ootacamund

Sri Ram,

Your kind letter.
Glad to know you are doing Kirtan along with your parents and worshipping your Guru.

Speak not vulgar words. Speak not harsh words. Never remain idle. Study the lives of saints.

Offer flowers to the Lord. Prostrate before Him. Place lights before Him. Burn incense and camphor before Him. Do Arati.

Be always cheerful, sweet, happy and smiling. Write Sri Ram in your note book daily.

Your best parent on earth is your dear mother. It was she who nursed you when you were a little helpless baby. She feeds you, clothes you. She taught you first lessons. Worship her. Obey her. Salute to her. Prostrate to her.

May Lord bless you!
OM TAT SAT.

Thy own Atman,
Sivananda.

39. YOUR BEST TEACHER

28.5.58.

Sri T. R. Kamal Kumar
New Delhi

Om Namo Narayanaya

Glorious, Immortal Atman,

Thy kind letter.
You can come here during your summer vacation. Cordial greetings. Glad to know you had a vision of me during your meditation, and also a dream. You are advancing in meditation. Surely you can attain God by loving your fellowmen. When you come here you can bring truth, patience, courage, goodness, purity, with you, an ounce each.

Harijans are not of low caste. All are equal at the sight of God. He who lies, who is dishonest, who is greedy, belongs to a low caste.

All Sanyasis have Ananda in their names at the end. Ananda is the real nature of everybody. Atma or Soul is all Ananda. An Acharya cannot have a name with Ananda in the end.

God is the only reality. The goal of life is God realisation. Learn by experiences. Life on earth is for evolution of the soul. Do what you believe, believe in what you do. Experience is the best teacher. Pain is the best teacher.

May Lord bless you and all!
OM TAT SAT.

Thy own Atman,
Sivananda.

40. THE BIGGEST SCHOOL

7.6.58.
Sri B. Chandrasekharan
Nilgiris

Oni Namo Narayanaya

Glorious, Immortal Atman,

Thy kind letter.
Glad to know you are doing Japa and Kirtan. You will get everything through the grace of the Lord.

Do you know what a taxi is? It is a motor car with a meter. The meter is something like a clock which shows you how much to pay the driver.

Inside the mouth there is the tongue. The tongue helps you to talk. The mouth is used for eating, drinking, talking and breathing. Inside the mouth there are two rows of teeth. You use these teeth for eating your food.

Keep your body clean, healthy and strong.
This world is a big school. Learn your lessons well In this big school. Have perfect faith in God. Your mother is God. Your father is God. Your teacher is God. Respect them. Worship them. May Lord bless you!

OM TAT SAT.

Thy own Atman.
Sivananda.

41. NATURE OF GOD

23.4.58.

Sri Indru K. Daswani
Hong Kong

Sri Ram,

Received the sum of Rs 5.

You can read one day Gita, another day Ramayana. Glad to know you do not eat now Bazar sweets and that you have reduced eating sweets at home and that you do not fight with the boys. This is a great improvement. Your asana poses are very nice. Your Mantra writing and diary are also good.

God is good. He gives you food to eat and good dress. Give thanks to Him, for His loving care.Without God's help you can do nothing. God loves you. With the two feet, He has given you, you can run fast. He has given you strong hands. God is great. Pray to Him regularly. Do Kirtan. Sing His praise.

Do you get prizes? Do you stand first in the class? Is your handwriting good? Can you talk
English nicely?

May Lord bless you and all!
OM TAT SAT.
Your big brother,
Sivananda.

SECTION TWO

MESSAGES FOR CHILDREN

1. MESSAGE FOR CHILDREN'S

PARK INAUGURATION

Children of Light,

With immense pleasure I send this message to you on the auspicious occasion of the inauguration of Children's Park in the colony of Kole-Kalyan Govt. Housing Tenants, Bombay.

Children are the architects of the future world. They are the builders of humanity. It is the most sacred task of the parents to mould their lives in accordance with the sublime Indian tradition of the spiritual aspiration and God-realisation. The seed of spiritual values should be sown in the young hearts, and the conditions should be made favourable for its sprouting and steady growth by the exercise of proper control and discipline, mixed with the warmth of love and affection, and the tree shall blossom forth the flowers of brotherhood, cosmic love, amiability, peace, Bliss, Beauty and Perfection.

Dear Children! You are the hope of the Motherland. You should always think of the goal of life and live to attain the goal. The goal of life is God-realisation. Follow the footsteps of great sages and saints. Emulate the ideal of great men and women.

Speak sweetly. Speak lovingly. Speak gently. Speak forcibly. Speak no evil. See no evil. Hear no evil. Think no evil. You will shine as Yogis and Saints.

Study the Ramayana, Mahabharat, Bible, Quoran, Gita, Upanishad, and the lives of saints and sages. Keep good company. Develop faith in God and the power of His Name. Practise Japa and Meditation daily. Take Satwic food. Repent for your mistakes. Admit your faults freely. Never try to hide your faults by lame excuses or by uttering falsehood.

Obey the laws of nature. Take plenty of physical exercises daily. Be cheerful. Be bright. Be bold. Play, jump, dance and sing. Build up a strong and healthy body. You will be able to serve humanity and attain God-realization through a strong mind in a strong body.

Serve your parents, elders and teachers. Be obedient. Be humble. Be gentle. Be noble. Be truthful. Be pure. Love all. Develop adaptability. Move amicably with all.

May Lord bless you all with radiant health, long life, peace, prosperity and Immortal Bliss.

Thy Own Self,
Sivananda.

2. EDUCATION OF THE CHILD

If the child is trained properly from the very beginning, then you will have very few problems later on. You will have very few occasions to chastise the child. All good Samskaras should be implanted in the child, since it learns to talk.

When the child is born, the parents should feel that the Lord has graciously entrusted to their care the greatest treasure on earth. No sacrifice is too much if that would enable them to mould the child properly.

3 When the child is somewhat mischievous, as all children are, the mother frightens it. Oh, ghost will come, she tells the child if it does not sleep quickly. This is not proper. Any type of fear element must be kept away from the child as virulent poison. The child must not know what fear is.

3. BE HELPFUL TO THE YOUNGSTER

The child has an inquisitive nature. It wants to know. All knowledge is acquired by man only through this inquisitive nature. Its mischievousness is also a manifestation of this inquisitiveness only. It wants to find out; it wants to know. When the child is awake at night, it goes on asking various questions. You get annoyed! No; you should take immense delight in answering the questions intelligently so that the child will know, and satisfy its curiosity. Of course, you could always keep away subjects that are forbidden to children, in an intelligent manner.

The baby may not understand the sublimity of your words, but you should always sing the most sublime lullabies, entertain it with inspiring stories, and avoid all negative thought, word and action in its presence. You should always be positive and spiritual in your approach towards the baby.

The parents must never quarrel or speak ill of anybody before the child. The child must be away from vulgar manners or indecent utterings. You should be all encouragement, love and kindness. You should never show a wary face, nor get annoyed or disgusted with it.

4. MIX DISCIPLINE WITH LOVE

This does not mean that you should dote over the child. When the child grows into a boy or a girl, when it has learnt to walk, to talk and to play, you should mix discipline with love. Even then do not frighten the boy; nor should you instill any kind of negative emotion into it. Lovingly and intelligently you should try to maintain discipline, and you should make the boy understand the glory of a disciplined life. If your earlier training has been good, you will

find even in his boyhood your son needs no chastising. He will readily obey you. And, if you take care to see that he chooses the right type of companions, you will have no problem at all.

The very first words you teach the child should be the Lord's name. The very first idea that you put into the boy's mind should be spiritual and moral. When the child is able to sit up and talk, you should train it to sing divine hymns with closed eyes at the family altar. To the young boy you should teach the glory of a spiritual life, the purpose of morality, the principles of cleanliness, hygiene and health.

5. UNDERSTAND THE CHILD'S PSYCHOLOGY

Even a problem-child can be moulded properly if your approach is the right one. The problem-child is essentially a creation of the parents. Obstinacy should be met by firmness spiced with love; ignorance should be met by knowledge coated with compassion; idiocy should be countered with intelligence coupled with kindness. Let the child's heart know that you are sincere, eager and earnest in your attempt to mould him into an ideal citizen, a glorious manhood dedicated to the good of the world. You will succeed.

It is for the parents to adapt with the child; not for the child to adapt with the parents. In most cases, disharmony between the youth and the parents is a direct result of torturing and shocking the mind of the child or the adolescent by arbitrary behaviour of the parents. In many cases the child receives no real love from the parents, except mere attachment grown out of constant association. The parents think they love the child who is the apple of their eyes, but they really do not. There is a complete disregard to understand the mind of the youngsters, lack of sympathy as sought for by them. In the name of the child's welfare the parents often permanently break up its tender heart. By chastising a child before outsiders the problem is by far aggravated than remedied. An unhappy companionship of the parents, is often a serious menace for the future home of the adolescent. Many things which the child hears in its early age are implanted in the young mind, but when the years

bring maturity there is a severe shock, which shatters the reverence for the parents. Therefore, the parents should never utter any vulgar or obscene word before the child.

The parents must be extra-ordinarily careful in dealing with boys or girls of eleven to fifteen years old.

Kindly do not forget that only if you are ethical, moral and spiritual, your children will also become so. If you neglect the fundamental virtues of life, your children will imitate you and become worst materialists. Through proper effort you can surely train your children into ideal citizens, leaders, reformers, Yogis and Jnanis.

May the blessings of the Lord be upon you all!

6. REAL EDUCATION

Message for the Mira Movement

(25 Anniversary of the Foundation day)
Salutations to the Supreme Lord!
Glorious and Blessed Atman,

I am very happy to send you all this short message for this happy occasion.

Education is a means of the evolution of the human personality. It is a process of the unfoldment of the latent divine qualities of a person. The purpose of Education is to develop in the students the Ideals of service, universal brotherhood, mutual understanding and spiritual enlightenment. Education moulds the character of the students, and infuses in them a high sense of duty, self-reliance, self-restraint and correct behaviour.

The young generation of today is the hope of m tomorrow. The child is the future citizen of the country. He is the wealth of the state. So the student must be given right training through proper education. Students are moulded according to the education they receive.

Your schools are centres of culture. You have sown seeds of brotherhood and the unity of all life.
You are training your students in service, devotion, purity and simplicity. You are teaching the students to have faith in the Saints and Indian Culture and Ideals. You are doing glorious work. The Grace of the Lord is ever on you.

May the students become worthy children of Bharatvarsha and true model representatives of Her Great Culture. May God shower His choicest blessings on you all.

With regards, Prem & Om,
Thy Own Atma,
Sivananda

7. HOW TO BECOME A SUPERMAN

MESSAGE FOR THE SIVANANDA SHISHU MANDLI SATSANGA, DELHI.

Blessed children of God!

I am glad to send you this short message for you all.

Satsang is association with sages; Yogis; Sannyasins or Mahatmas; or devotees, and hearing their spiritual instructions. Satsang is a safe boat that carries you to the other shore of fearlessness or Immortality. Satsang gives you Knowledge and fills the mind with Love of God. Satsang helps you to lead the Divine Life and enjoy infinite peace and bliss.

Always keep good company. Be kind to all.

Speak the Truth always. Be pure in body and
mind. Right conduct is the source of all blessedness. Through this you will become great and powerful.

Realise the value of time. Time is precious. A moment once gone cannot be called back. Utilise time profitably. Do not waste your time in playing cards, seeing cinemas and reading novels. Do not kill time in idle gossiping. By using your time in the right way, you will become a great man. Have your daily routine and stick to it.

Obey your parents. They are visible gods for you. Respect elders. Serve the country. Serve the sick and the poor. By making others happy, you will become happy. Service of humanity is service of God, as God lives in all. Service will purify the heart and give you immense joy.

Have perfect faith in God, His Names and His Grace. Faith can work wonders. Strengthen this faith through Satsang and study of holy books. Open your heart to God. Always remember that you are children of God. This will inspire you and give you courage and strength. Feel the Presence of God with you at all times. Read the Gita daily. It contains lessons which will guide your daily conduct. Lead a life of Dharma. Dharma will give you success in all work, peace, bliss and prosperity. Dharma will take you to God. Be regular in your prayer, Japa and kirtan. God's Grace will be upon you and help you in all that you do.

Be good and do good. Speak sweetly. Do your daily duty properly. Learn your lessons well. Be ever active. Be polite and courteous. Live honestly. Act nobly. A really great person is one who possesses a large heart, great wisdom and a good character. Become great by your exertion and glorious deeds.

Be bold. Be cheerful always. Take care of your health by regular exercises and proper diet. Whatever work you do, put your whole mind and soul in it. Lead a natural life. Brahmacharya is purity in thought, word and deed. Practice of

Brahmacharya will give you devotion, Bliss, Peace, success in life, good health and long life, inner strength and memory.

Understand the value of Brahmacharya and lead a pure life. This is my advice to you all. Practice is the secret of success. Put into practice what you are convinced to be true and correct. Even a little of the above will make you a Divine Person.

Sri Swami Shantanandji is a pious and noble soul. You are fortunate to be guided by her. May God bless her. May the Lord shower His choicest blessings on you all.

Thy Own Atma,
Sivananda.

8. RECONSTRUCTION OF CIVILIZATION

Atma Swaroop,

It gives me joy to meet you all and sing the Lord's names amidst you.

How to build up our New India. The craftman plans the shape before he works at it. Similarly we have to build up our country and plan before we work at it. If we are strong and healthy we would be considered worthy citizens by others also. If we have no health we are worth nothing.

India' means not merely trees and leaves or anything external but it really means you all.

In Ramayan for instance we find that Kaikeyi asked for boons in order to make Bharat the king, and also for sending away Rama to the forest. But Rama never refused to obey his mother and was particular that his father kept his promise. We have to learn, thus, that we have always to obey the orders of our

parents. This is another way of preparing ourselves for 'New India'! One who knows the ins and outs of a particular road will be able to guide us, and why do we obey them? We obey them because they only know what is really good for us. So we have to do the following to be able to build up a New India.

(1) We have to obey our superiors without question.
(2) We have always to keep our promise and we have always to speak the truth.

The fruit of a tree is like the tree. It has every resemblance. You have come from God similarly. You are the fruits and the flowers from the same God. And so you have also to behave and live in a divine godly manner, pure and sacred. God is kind, so you have to be kind to others, even to animals. If anyone says unkind words to you, please don't answer back, but tolerate and forgive.

When we go on a horse and the horse falls sick, we can't use it further. So also we have to keep our bodies fit and in order to keep it fit we have to do some exercise or other daily. We must also do Kirtan and Bhajan daily. Do you not wash your clothes daily? To wash the impurities of the mind we have to do Bhajan and Kirtan daily.

I speak as your humble sevak and 'Hitkanshi'. Whatever I say, I say by way of friendship, and you have to act upon it after hearing me. Please accept this as a gift and make it your own. The world is filled with 'Namarupas' and it keeps changing. At the end it gets finished. Whatever we see through Indriyas is not 'Shaswat' nor 'Avinashi? It is Nashvar. Secondly, we have come as human beings and our relationships with others is not lasting and we are ourselves not permanent. Everyone wants happiness but foolishly we go in for happiness that brings in sorrow.

Through all external obiects of the world, we try to obtain happiness in vain indeed. We shall be able to obtain that what is Peaceful'. When we are able to understand the truth of this. It is certain that everything will leave us and we shall also leave them. This world is a bazaar of sorrow. It is 'Anitya'.

We have been blessed with intelligence, conscience and discrimination. We should not go to that happiness that gives us only one anna of happiness and fifteen annas of sorrow. Perfect happiness is to be attained within us and not through external objects.

When we scratch a wound that causes itching, we have a pleasant feeling, no doubt, and it also gives momentary relief. But in reality it causes us harm. Such indeed is our state. We are in reality 'Anadamaya Swaroop'. Realise this through Japa, Prayer and Kirtan.

With regards, Prem & Om

Your Own Atman,
Sivananda.

9. CHARACTER: THE FOUNDATION OF DIVINE LIFE

The future greatness of the students will depend entirely upon the thoughts they think now and the deeds they perform. Nobler the thoughts and nobler the deeds, the greater the destiny they reap. The character of a person depends upon the quality of the thoughts he holds in his mind and the mental pictures that constantly engage his conscious attention. If your thoughts are of a base nature, you will have an undesirable character; if you entertain noble thoughts, sublime ideas and permit into your mind the entry of holy pictures, you will have a powerful and magnetic personality and character. You will be a centre of joy, power and peace.

The road to greatness lies through the cultivation of virtues, and character is the very basis of Divine Life. If you assimilate in yourself the character of the great lives and of the great saints and sages, you would yourself rise to the very heights of eminence to which they rose. Ethical culture will result in ethical perfection. If you study Yoga Sutras you will find a clear description of the powers - that manifest by observance of the practices of Ahimsa, Satyam,

Asteya, Brahmacharya and Aparigraha. AlI the subtle occult powers roll under the feet of the ethically perfect and developed persons.
Therefore, distinguish yourselves by
the development of your personal character. May you all become great moral and spiritual heroes!

(A Message sent to the new journal published by
Meernaidoo T. Somanuah, Mauritius.

10. REGULARITY AND PUNCTUALITY

Perfect discipline can only be maintained by regularity and punctuality. There cannot be any success without discipline. The mind is terribly afraid when it hears the terms: 'discipline, regularity'. That man who is irregular and does his actions by fits and starts cannot reap the fruits of his efforts.

Learn the lessons from nature. Mark how the season rotates regularly! Mark how the sun rises and sets, how the monsoon comes, how the flowers blossom, how the fruits and vegetable crop up, how the revolution of the moon and earth takes place, how the days and nights, weeks and months roll on! Nature is your Guru and guide.

Regularity and punctuality and discipline go hand in hand. They are inseparable. College and school students in India imitate the West in dress, style, smoking, etc. These are all vile imitations.
Have you imbibed from them the important virtues, such as, punctuality and regularity? See how an Englishman adjusts his time to the very second.

Have regular habits in all walks of life. Be regular in going to bed and in rising up early in the morning. Be regular in your meals. Be regular in your studies and physical exercises.

You will have a very successful life. Regularity should be your watch-word. Chalk out a daily routine and stick to it.

11. SINCERITY AND HONESTY

A sincere man who is honest always gets success in his undertakings. He is very much liked by his superiors. Honesty is the best policy in the West but it is a sacred virtue in the East. That man who is endowed with these noble qualifications can penetrate into any region of the world. People will receive him with outstretched hands. Sincere and honest people are very very rare.

A sincere man feels for the troubles of others and tries his level best to alleviate their sufferings. He is very sympathetic. A sincere man is also generous. He is free from crookedness, cheating, diplomacy and double-dealing. There is not a bit of hypocrisy in him. He will not find any difficulty in getting a job anywhere. A sincere man has always the well-being of his master in his mind. A sincere friend, a sincere wife, a sincere son and a sincere servant are gods on earth. There is no virtue greater than sincerity. It should be developed at all costs by one and all.

12. PATIENCE AND PERSEVERANCE

Patience and perseverance are noble qualities that are born of *Sattwa* No success either in the materiel world or in the spiritual path is possible without these qualities. Difficulties do crop up at every stage and these are to be overcome by patient efforts and perseverance. The success of Mahatma Gandhi is due to these qualities. He never gets discouraged by failures. All great persons of the world have achieved greatness,. success and eminence through patience and perseverance.

A man of patience always keeps his head cool. He keeps a balanced mind. He is not afraid of failures and difficulties. He finds out methods to strengthen himself. For the practice of concentration of the mind, one should have asinine

patience. Many people get discouraged when they encounter some difficulties and give up the work as hopeless. This is very bad. Patience helps a man in the conquest of temper. Never grumble or murmur. Patience gives immense strength.

13. SELF-RELIANCE

Self-reliance is a very important virtue. Self-reliance gives immense internal strength. This is an important qualification for material and spiritual success. The vast majority of persons have got a leaning mentality. Luxurious habits have rendered people very weak. A doctor and a lawyer want servants to help them put on their shoes and stockings. They cannot draw a bucket of water from the well. They cannot walk even a furlong. Now-a-days man depends on others for everything. You must know how to cook your own food. You must give up servants. You must wash your own clothes. You must walk daily to your college or office. Give up the idea of prestige and position. Sir T. Muthuswami lyer, the late reputed Chief Justice of the Madras High Court, used to walk to the Court. His name is still remembered for his virtue of self-reliance.

14. HEALTH HINTS

(a) Students should not keep their mouths open. Children who constantly keep their mouths open and who snore at night, probably suffer from growth at the back or the nose, and should receive medical attention.
(b) Students should not sit a wrong posture: The posture of a student is important. Too much stooping posture is unhealthy. It leads to myopia or short sightedness, contracts the chest and interferes with breathing. It puts strain on the heart and causes curavative of the spine. It is the duty of teachers and School Medical Officer to correct the wrong postures in students.
(c) Students should not use Flat Desks: The desks should be very slightly inclined. An angle of 15 degrees is sufficient. Flat desk has a tendency to make the children stoop. Hence it should be condemned.

(d) Students should not hanker after harmful dainties. Tea is harmful for children. Sweets such as toffee or chocolates should be sparingly taken.
(e) Students should not use tight garters and stiff corsets: Tight garters are very harmful. Girl-students should never be allowed to wear stiff corsets nor tight garments round the chest or waist, as this interferes with the proper growth and with breathing. borecio

15. MENTAL HYGIENE

If you want to possess good mental health you must be always cheerful. You must cultivate this virtue again and again. Cheerfulness acts as the best or mental tonic. Depression, gloom, cheerlessness corrode the mind. There is intimate connection between the mind and the body. Body is a mould prepared by the mind for its enjoyment. If there is any physical ailment the mind reacts and vice versa. If there is depression you do not have good appetite, you feel very weak, yon cannot walk briskly, you cannot do any work with intense attention and application. If there is pain in the physical body, you cannot think properly, you cannot meditate. This is the common experience of all. Practice of Ahimsa, Satyam, Brahmacharya, is necessary for maintaining good mental health. Truth is an honest endeavour to convey a real expression of what has occurred or of what is intending to those around you. The truth, the whole truth and nothing but the truth can satisfy God and your own heart. Truth cannot be measured by rods and furlongs, minims and ounces. Thought must totally agree with the speech and the speech with the action. This is truth.

Himsa, falsehood, impurity fill the mind with restlessness, impurities, cares, worries and anxieties. You cannot have peace of mind even for a second. How then can there be good mental health where there is no peace of mind.

According to Yoga Vashishta the cause for all diseases is in the mind (Adhi-Vyadhi). If the mind is pure and strong, if the will is strong and irresistible, if the mind is free from cravings and desires and vasanas, you can enjoy a high standard of mental health.

If you are sulky, irritable, greedy and selfish, these bad traits will produce a deleterious effect on your own physical and mental health and will have a definite influence on others. They are also positively harmful to others.

In many cases both mental and physical troubles are due not to inexorable fate or inevitable misfortune. They are destroyed for want, of knowledge and as a consequence of a weak and wrong management of the circumstances of life.

If you wish to have a successful and useful life and good mental health, it is absolutely necessary for you to acquire the virtue of self-control. Life will be a long series of futilities, a succession of follies, if the quality of self-control is absent.

Sattwic food, Japa or recitation of Lord's names, Pranayama, regular meditation, Kirtan or singing Hari's names and His praise, study of inspiring, religious books pave a long way for the attainment of good mental health.

Removal of hatred through cosmic love, service, friendship, mercy, sympathy and compassion, removal of greed through disinterested service, generous acts and charity, removal of pride through humility will help you a great deal in the achievement of good mental health.

Fortitude, forbearance, patience, endurance, balance of mind, keep the mind in a good healthy state. Therefore endeavour to possess these divine virtues.

If there is mental fatigue in college boys on account of too much strain and the study, if there is mental fatigue in merchants on account of business worries, if there is fatigue in officers on account of over work they should take proper rest at once. They should go for a change to the hills or seaside. They should do Pranayama or breathing exercise and take light, wholesome nutritious diet. They should do Japa and Kirtan vigorously and practice easy asanas such as Sarvang, Bhujang, Yoga Mudra, Udiyana, Agnisars, etc.

They can play on the harmonium and sing devotional songs.

Prevention is the most important factor in all problems. of mental hygiene. Better education, better upbringing of children, better home conditions and better social surroundings and outlook are all helpful measures in preventive mental hygiene.

Physical health is an important condition of mental health. Strain of any organ, excessive fatigue, and mental strain should be avoided. Your life must be well-regulated and disciplined. You must practise Samyama in all things. Excess of any kind should be avoided. You must stick to the happy, golden medium. Rest is necessary.

Avoid all mental conflicts. Do not interfere in the affairs of others. Have perfect tolerance and broad adaptability. Allow the individuals to grow in their own way. Every man has his own way, his own predilection, his own natural capacity, temperament and outlook. No two men are alike. Endeavour to remove any undesirable and unsocial trait.

Children should be properly moulded by the teachers and parents. They are like malleable metal and like plastic clay. They are highly suggestible. They will do what we tell them to do. They are very imitative. Therefore they will copy our doings. They are eager. They are brave. They fear nothing, and even adverse criticism. If we set before them the path of good life, if we can inspire them with the principles of good physical and mental heelth and high ideals they will turn out to be good citizens and ideal persons. Every good conscientious teacher should promote a healthy outlook and the sense of well being on the children for whom he is responsible. He himself should be an ideal man. He himself must have the gift of sunshine within if he wishes to make the children brilliant and healthy. He himself must be full of life, light and joy. He must be endowed with divine attributes and high standard of health, vim, vigour and vitality.

09 An unhappy, worried, sickly teacher who is full of private grief's and woes cannot guide the children and lift them up to a high standard of life. He himself needs teaching and education first.

16. HOW TO BECOME RICH

BECOME A SELF-MADE MAN

Become a self-made man, earn your livelihood, touch not a pie from your father's property. Show your manliness, strength and power, it is disgraceful to live on father's earnings. There is a magazine of power within you, you can do and undo things in this world. You can work wonders. Justice Muthuswami Ayer studied, under municipal lanterns. He was very poor, he rose up to a very high position. Work hard, unfold all your faculties, and shine as a dynamic personality.

17. HOW TO WIN FRIENDS?

Be sweet in speech, behave well, be polite, be courteous. Have fair dealings, share what you have with others. Do not argue unnecessarily, do not contradict simply to gain victory. Stick to your promise, serve others when they are sick. Develop a magnetic personality, through meditation and prayer. Hear patiently what others say. When you get a loan of a book, put a wrapper, keep it clean; and return it at the proper time. Do not tell anyone that he is wrong, be generous, be charitable, be kind.

18. BE EVER BUSY

Be ever busy like a bee. Keep the mind ever occupied. Destroy idleness to the root. Idle brain is Satan's workshop. Be regular in Asana, Pranayama, exercise, walking, Baithak. Abandon Tamasic foods, such as garlic, onion, meat, etc Stick to daily programme. Keep a memorandum note book. Take a cold bath in the early morning, offer prayer, do Sandhya, Japa, Swadhyaya and meditation; take honey and lemon juice in the morning; sometimes take Triphala water.

19. MAKE GOOD USE OF MONEY

Persons who have the grace of the Lord, who take recourse to Satsanga, make the best use of money. They build Ashramas, temples, tanks, wells, social institutions, Pathashalas, orphanages, hospitals, etc. They reap high merits here, and enjoy bliss in heaven. Money is meant for charitable purposes; earn and spend the money in charity. This will purify your heart, and lead to the descent of Divine Light. You will earn undying name here.

THE UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Satchidananda
(Existence-Consciousness-Bliss-Absolute).
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy glories.
Let Thy name be ever on our lips.
Let us abide in Thee for ever and ever.

-Swami Sivananda